NOVEMBER

Mon	Tue	Wed	Thu	Fri
2 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	3 9am - Quilting and Crafts 9:30am - Choir **12pm - Bid Euchre Dessert Tournament** 1pm - Aggravation (whomp'em) 1pm - Scrabble 1pm - Zumba Gold 2pm - Adaptive Chair Yoga	4 9:30am - Art Club 10am - Chair Fitness 10:15am - Essentrics: Aging Backwards 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	5 8:30am - Lap Walking 9:30am - Farkle **10am - Digital Literacy Seminar (Here)** 10am - Line Dance 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball **9am - 3pm Jewelry Appraisal**	6 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi 1pm - Bingo 1:30pm - Trivial Pursuit
9 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness **11am - Watercolour Class** **11am - Will and Estate Planning** 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - NO Time Travel Adventures	10 9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation (whomp'em) 1pm - Bid Euchre 1pm - Scrabble 1pm - Zumba Gold 2pm - Adaptive Chair Yoga	11 **Closed til Noon** 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre	12 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball	13 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi 1pm - Bingo 1pm - Trivia
16 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures	17 9am - Quilting and Crafts 9:30am - Choir 1pm - Aggravation (whomp'em) 1pm - Bid Euchre **1pm - Medical Minute** 1pm - Scrabble 1pm - Zumba Gold 2pm - Adaptive Chair Yoga	18 9:30am - Art Club 10am - Chair Fitness 10:15am - Essentrics: Aging Backwards **11am - Banking Scams and Fraud** 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Bridge 12:45pm - Carpet Bowling 1pm - Euchre **1pm - Let's Draw: Still Life**	19 8:30am - Lap Walking 9:30am - Farkle **10am - Blood Pressure Clinic** **10am - Digital Literacy Seminar (MSC)** 10am - Line Dance **11am - Alzheimer Seminar** 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball **1:30pm - Crafternoon**	20 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi 1pm - Bingo 1pm - Trivia
23 9am - Carpet Bowling 9am - Quilting and Crafts 10am - Chair Fitness 1pm - Beginner Pickleball 1pm - Hand and Foot 1pm - Time Travel Adventures **4pm - Choir**	24 9am - Quilting and Crafts 1pm - Aggravation (whomp'em) 1pm - NO Bid Euchre 1pm - NO Zumba Gold 1pm - Scrabble **1:30pm - Choir Concert** 2pm - Adaptive Chair Yoga	25 9:30am - Art Club 10am - Chair Fitness 10:15am - Essentrics: Aging Backwards **11:15am - Cooking Class** 11:15am - Essentrics: Stretch and Tone 11:15am - Pelvic Floor and Core 12:45pm - Carpet Bowling 12:45pm - NO Bridge 1pm - Euchre **1pm - Floor Curling**	26 8:30am - Lap Walking 9:30am - Farkle 10am - Line Dance **11am - Book Club** **11:30am - Luncheon** 11:30am - Adv Pickleball 12:45pm - Cribbage 1:30pm - Adv Pickleball	27 9am - Guitar Lvl 1 10am - Chair Fitness 10:30am - Guitar Lvl 2 10:30am - Tai Chi **1pm - Armchair Travel** 1pm - Bingo 1pm - Trivia